

Adult Health & Fitness Programme

Sports Development has a team of exercise specialists who deliver physical activity sessions in the community and the workplace. We offer a broad range of activities, below is a taster of the sessions we can deliver (please refer to class descriptions on inside cover for further details). There is a charge for most of our activity sessions, however if you are a community group or organisation we can often support you in identifying funding.

- Aerobics
- Bootcamps
- Boxercise
- Chair Based Exercise
- Exercise Referral
- Healthy Lifestyle Programme
- Hoopla la
- Multi Sport
- Personal Training
- Pilates
- Pre & Post Natal Exercise Sessions
- Running Sessions
- Weight Management
- Workplace Health
- Zumba / Zumba Gold
- **And many more!**



If you are a group or organisation looking for a qualified and insured instructor please contact Sheila Whelan on 01642 832654, email sheila_whelan@middlesbrough.gov.uk. We are experienced at working with people who are new to exercise, we understand the barriers and will help you overcome them.

Workplace Health

The Sports Development Team can support your workplace health initiatives and offer bespoke exercise programmes for your workforce, including:

- **Group Exercise Sessions**
Bootcamps, Zumba, Pilates, Power Walks, Running Sessions, Boxercise, Circuits, Dance, Core Stability, Relaxation and much more...
- **Personal Training**
Specific tailored sessions from one of our personal trainers
- **Small Group Personal Training Sessions**
Small group sessions with our personal trainers
- **Healthy Eating / Weight Management Courses**
Advice, guidance and healthy eating tips to enable you to reach and maintain your ideal weight
- **Healthy Lifestyle Course**
This programme embraces lifestyle advice, fitness assessments, dietary advice and bespoke exercise sessions
- **Training**
We can help you train for an event or goal such as the Middlesbrough 10k road race.

The Benefits of a Healthy Workforce

- Increased productivity
- Lower rates of sickness absence
- Greater staff retention
- Improved health and well being of the workforce
- A positive impact on mental health and back pain (two of the main reasons for sickness absence)

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Sports Development ADULT PROGRAMME

'making more people more active'

Weight Management

This eight week course is delivered by qualified weight management leaders. Each week you will receive guidance, advice, hints and tips to help you lose weight and maintain your ideal weight. Physical activity sessions form part of the programme, and you can choose from a variety of activities (see class descriptions).

Sports Development Team

Sheila Whelan Tel: 01642 832654

Email: sheila_whelan@middlesbrough.gov.uk



GENERAL CLASS DESCRIPTIONS

These are the types of sessions that the Sports Development Team can deliver. To find out about our existing programme or to set up a new session please contact Sheila Whelan on 01642 832654 or email sheila_whelan@middlesbrough.gov.uk



BOXACISE

Boxacise has proven to be an extremely popular fitness class. A circuit type class based on a boxing and skipping theme using traditional boxing moves and punches, this class will work you to the full.

BOOTCAMP

Supercharge your fitness and enjoy the social interaction of an Interval training programme in an outdoor environment. The session consists of high / moderate continuous and repetitive exercises suitable for all levels of fitness. Drop a dress size, lose weight, and get fitter!

CHAIR BASED EXERCISE

Chair based exercise sessions are becoming increasingly popular for the older person. The activity is delivered in a group setting at a pace to suit everyone. The group environment will increase the motivation and confidence for participants. Each element of the class structure is designed to improve active daily living and independence for the older person.

EXERCISE REFERRAL

Led by our specialist instructors the exercise referral programmes are for people who have a health condition which would benefit from gentle exercise. Access to the programmes is by referral from your GP or Practice Nurse. For further information please contact Val Jones at Sports Development on 01642 515615 or email val_jones@middlesbrough.gov.uk

HEALTHY LIFESTYLE COURSE

This programme embraces lifestyle advice, fitness assessments, dietary advice and bespoke exercise sessions.

HOOPLA LA

A fantastic fun class using a large weighted hoop for ease of use. The class is designed to tone and strengthen the core muscles whilst also providing a great aerobic workout.

LOW IMPACT AEROBICS / FRIENDLY FITNESS

Low Impact Aerobics is ideal for people who are new to exercise, or for those who enjoy aerobics. It is a lively and effective moderate intensity workout. The session is also an excellent progression from chair based exercise if you are looking for something more challenging.



MULTI ACTIVITY SESSIONS

The multi activity sessions offer a fantastic opportunity to experience a variety of activities. The sessions are all about fitness, fun and friendship.

PERSONAL TRAINING

One to one tailored sessions from one of our personal trainers. If you are a beginner this is a great way to introduce you to exercise, or for the experienced exerciser a personal training session will help you to reach your goals. We also offer **small group personal training sessions** if you want to come along with a group of friends.

PILATES

Pilates is a popular form of exercise that emphasises the balanced development of the body through core strength, flexibility and stability of postural muscles. The coordination of breathing incorporated within the movements is key to the effectiveness of the exercises.

PUSH & GO (BUGGY PUSHING)

'Push & Go' is an outdoor workout suitable for anyone with a baby and a buggy (parents, grandparents, carers etc). The class is not just a walk in the park. This outdoor experience is designed to get you moving and feel invigorated. It offers specific exercises for new mums which tone particular muscle groups and target post baby weight.

RUNNING SESSIONS

These sessions are suitable for those new to running and for those runners who want to improve their times. Why not target one of Middlesbrough's running events - 5k or 10k as a goal?

ZUMBA / ZUMBA GOLD

Zumba is a revolutionary new Latin inspired fitness concept. It provides accessible fun featuring motivating rhythms like Salsa and Merengue dance moves delivered in a party style environment. It is suitable for all levels of fitness, which will increase your energy levels and enhance your weekly exercise schedule. Zumba Gold is a gentler workout and ideal for the beginner or the older participant.

50+

This is a moderate intensity aerobic workout especially for those aged 50+ and over. Excellent for working the heart and lungs, as well as improving balance, flexibility and your socialising!

